

STATE OF NEW JERSEY
DEPARTMENT OF HUMAN SERVICES
ANCORA PSYCHIATRIC HOSPITAL
CLINICAL PSYCHOLOGY INTERNSHIP
TRAINING PROGRAM

Ancora Psychiatric Hospital
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THE CLINICAL PSYCHOLOGY INTERNSHIP TRAINING PROGRAM OF ANCORA PSYCHIATRIC HOSPITAL

ANCORA: AN OVERVIEW

The Psychology Department at Ancora Psychiatric Hospital (APH) offers four full-time one year Pre-doctoral Internships in Clinical Psychology. This is an independent internship site under the umbrella of the New Jersey Department of Human Services, with direction and supervision provided by T. Stephen Patterson, Ph.D., Chief of Psychological Services. The program is accredited by American Psychological Association.

APH is an adult inpatient treatment facility, funded by the State of New Jersey and accredited by the Joint Commission on the Accreditation on Health Care Organizations (JCAHO). Our Psychology staff is comprised of 24 psychologists, 17 of who have a doctorate and 11 of who are licensed psychologists. They represent a broad range of clinical orientations, capable of offering a variety of training experiences.

The hospital is situated on 600 acres located within the Pinelands region of New Jersey, midway between Philadelphia and Atlantic City. APH's proximity to Philadelphia provides extraordinary opportunities for enjoying the city's various activities.

Services are provided to adults from the eight southern New Jersey counties: Ocean, Burlington, Atlantic, Camden, Gloucester, Salem, Cumberland and Cape May. At the hospital, they receive mental health services designed to ameliorate debilitating symptomatology, enhance their level of adaptive functioning, and facilitate successful reintegration into the community.

The patients at APH who are eighteen or older, are diagnosed with disorders that run the gamut in the DSM-IV. They come from every level of socioeconomic status, as well as diverse ethnic and cultural backgrounds. Virtually all patients have been involuntarily committed to APH (deemed a danger to self or others). Additionally, an entire building is comprised of patients with forensic issues, including a unit for the treatment of sex offenders.

The hospital is comprised of several buildings that are divided into wards, each with their own specific patient population:

Birch Hall contains two coed wards and one male ward. A majority of the patients have dual diagnoses of a psychiatric disorder and mental retardation or borderline intellectual functioning. Because of this, there are opportunities to observe the operations of both the Division of Mental Health and Hospital, of which Ancora Psychiatric Hospital is a part, and the Division of Developmental Disabilities. The population of Birch Hall tends to be more stable, in relation to Larch Hall and Cedar Hall, providing greater opportunities for long-term therapy. One intern supervisor in Birch Hall, Dr. Linda Kavash, is a specialist in psychological testing, with particular expertise in the Rorschach. Dr. John Bolger is also an intern supervisor in Birch Hall

Cedar Hall contains one coed ward, one female ward and two male wards. Cedar admissions come mainly from the Southern counties of the state, which include Atlantic City. Three of the wards are admission wards, providing the intern with frequent opportunities to do initial assessments and to participate in treatment planning. The variety of the patient population provides opportunities for both short-term and long-term therapy. The intern supervisor on a coed ward, Dr. Michael Lieberman, has a particular interest in group therapy. His theoretical orientation is Sylvan Tomkins Affect Theory. Dr. Jaclyn Weintraub, the intern supervisor on the chronic male ward, has a cognitive behavioral orientation.

Holly Hall - is the forensic unit that houses males who have been determined not guilty by reason of insanity or who have detainers from the court system. One of the intern supervisors, Dr. Lee Mosby, has a particular interest in the assessment and treatment of sex offenders. His orientation is eclectic. The other supervisors, Dr. Carl Welte and Dr. Margo Morgan, are specialists in the assessment and treatment of forensic populations. Dr. Regina O'Connell also works with this population and is an intern supervisor.

Main Building – is the geriatric and admission unit. When patients arrive at APH, they are processed in the admission unit and then transferred to the appropriate unit according to their catchment area and diagnosis. The building also contains the medical unit, which houses those patients whose problems require medical attention. The other units house geriatric patients, most of who have been diagnosed with schizophrenia or dementias and are long-term patients. Dr. Grete Hesse, the intern supervisor, focuses on preparing the intern to specialize in geriatric testing, diagnosis, and treatment using the American Psychological Association Model. Her orientation is psychodynamic. Dr. Linda Tuckley. is also an intern supervisor.

Larch Hall is very similar to Cedar Hall, containing one coed ward, one female ward, and two male wards. One of the intern supervisors, Dr. Robert Waters, is assigned to an all male admission ward. This setting has a fast pace, with frequent opportunities to do initial assessments and to participate in treatment planning, along with both short- and long-term therapy. Dr. Larry Seifer, the intern supervisor on the chronic male ward, has a

cognitive behavioral theoretical orientation. Dr. Tom Schwartz and Dr. Heidi Camerlengo are also intern supervisors.

PHILOSOPHY

The philosophy of APH's Clinical Psychology Internship Training Program is that learning takes place in an environment that provides support, encouragement, and a challenging, educative experience. While the internship has a basic generic design, the program is tailored to the strengths, interests, and needs of each intern.

The psychology staff at APH view training as the primary focus of the intern. All decisions concerning the intern are made in consideration of what will provide the best training experience. Service delivery is a means of gaining practical experience, but training is the intern's first priority. The program makes every effort to ensure that the interns are perceived as trainees and not auxiliary help for the department or hospital. The purpose and primary goal of the internship is to produce a skilled and competent psychodiagnostician and psychotherapist capable of working with patients suffering from various forms of psychopathology.

The program is designed to provide a broad-based exposure to as many different types of psychopathological problems and related treatment modalities as possible. Interns are expected to work with patients at all levels of functioning and from diverse socio-economic, cultural, and educational backgrounds. It is important that the interns gain a broad range of knowledge and clinical experience in their internship year.

GOALS

- To promote professional competence as psychotherapists and psychodiagnosticians.
- To foster high standards of ethical practice and professionalism along with high standards of quality care.
- To promote skills in working collaboratively with other disciplines and in working as a multidisciplinary team member.
- To foster a strong professional identity as a psychologist and encourage continuing professional self-development.

PROGRAM CONTENT

The internship year is divided into two six-month rotations. The particular placement of an intern is determined by the stated preference of that intern, his/her previous experiences and current training needs. Interns are only placed on wards where doctoral supervisors are available. Employing the six-month rotation enables the intern to develop a diversity of skills under varying supervisory styles, in addition to broadening their knowledge base.

The therapy supervisor, known as the Primary Supervisor, supervises the intern's individual and group therapy work, and meets with the intern for a minimum of two hours a week of supervision. Interns are expected to carry from four to seven individual cases and to co-lead at least one group. Patients are carefully selected to afford a broad range of experiences for the intern. In addition, interns learn how to function as members of the Multidisciplinary Treatment Team on the unit to which they are assigned.

The psychotherapy training program at APH exposes interns to a wide range of therapeutic orientations. As a result of this exposure, the learning experience encompasses a diverse range of treatment modalities, including individual, group, and family therapy. Additionally, interns are provided the opportunity to develop their skills in assertiveness training, relaxation training, anger management training, social skills training and behavioral contracting. Regardless of the particular strategy selected, emphasis is always placed on sound clinical practice performed at the highest level of competence.

The interns are also assigned a separate psychodiagnostic supervisor on another ward, who meets with them for a minimum of one hour a week. Each intern is assigned at least one testing referral a month with additional testing at the intern's request. The volume of cases is deliberately kept low to ensure that each referral can be thoroughly evaluated and discussed by the intern and the supervisor. Referrals are also carefully selected with every effort being made to provide a wide range of patients and referral issues in order to broaden the interns' testing experiences. APH has an extensive library of psychological tests along with computerized scoring of many of the tests. Currently available testing software include:

- California Verbal Learning Test
- Luria-Nebraska Neuropsychological Battery
- MCMI-I Narrative Report
- MCMI-II Narrative Report
- MCMI-III Narrative Report
- Rorschach Interpretation Assistance Program, Version 3.1
- Rorschach Interpretation Assistance Program, Version 4

WAIS-R Interpretive Report
WAIS-R Narrative Report
Scoring Assistant for the Wechsler Scales for Adults
WAIS-III Writer
WMS-III Writer
MYSTAT Statistical Program
MMPI-I Interpretive Report
MMPI-II Interpretive Report

In addition to being taught how to select tests to answer referral questions, interns learn to use the diagnostic categories of the DSM-IV, develop clinical interviewing skills and make specific, viable treatment recommendations. Every patient at APH is given an initial psychological evaluation within 12 days of arrival, and an annual update. Interns are expected to participate in this process. Exposure to other assessment tools is available to interns at Central Office Colloquia.

MULTIDISCIPLINARY TREATMENT TEAM

Multidisciplinary treatment team functions are an important part of patient care. A team of professionals including a psychologist, psychiatrist, social worker, nurse, rehab specialist, and other professionals makes decisions regarding patient care. All members have input into team decisions. The interns participate as members of this team and are able to observe psychologists interacting with members of other disciplines. Interns have an opportunity to participate and give input into the team process, especially with those patients with whom they are clinically involved.

OUTPATIENT EXPERIENCE

To balance the inpatient experience, the interns spend one day a week at an outpatient setting. APH has three outpatient affiliates. Atlantic Mental Health, located in Atlantic City, is an urban area where interns see approximately five cases daily and have a minimum of one hour of supervision with a licensed psychologist. Here the interns work with a population that is usually more integrated and at a higher level of functioning than most APH patients. In some cases, interns are able to continue on an outpatient basis with patients who have been discharged from APH. At this placement, there is also the opportunity to work with children and families. The Counseling Center at the College of New Jersey and Rutgers Camden Counseling Center are the other outpatient placements. At these sites, interns work with students who present with less severe symptomatology than APH patients. Interns are also under the supervision of a licensed psychologist and receive a minimum of one hour of supervision.

COLLOQUIA AND SEMINAR SERIES

Interns are required to attend Central Office Colloquia, usually held at one of the libraries within Mercer County. These presentations are offered approximately twice a month with a wide range of presenters. At APH, psychology staff members offer monthly presentations on topics relevant to the field of psychology. In addition, a psychodiagnostic series in which topics relevant to psychological assessment and diagnosis, is held monthly for all interns and staff. Each intern is expected to present at least once during the year, usually on his/her dissertation topic or therapy/assessment case.

Intern Seminars

Intern Orientation During the morning of the first day of the internship, the Director of Training and intern supervisors meet with the incoming interns to provide a general overview of the hospital with a particular focus on the role of psychology. Interns are assigned to their supervisors for the first rotation and introduced to their units.

Use of Computers in the Practice of Clinical Psychology

This seminar is presented annually, to incoming psychology interns and interested department members, to introduce them to the Psychology Department's computer system and testing software. Participants will be shown how to input test scores, and the ethics of using computer-generated reports will be discussed. The use of the Internet and the World Wide Web is also included as it applies to the field of psychology.

Ethics in Psychology A lecture and discussion focusing on the APA Code of Ethics as they apply to the inpatient psychiatric setting. Specific court cases and ethical dilemmas will be reviewed to assist interns in making ethical decisions.

Introduction to Family Therapy

An introduction to the family therapy program at Ancora is provided along with an overview of the different schools of family therapy.

Inpatient Group Therapy

Theory and practice of group therapy in an inpatient setting is discussed. Interns are assisted with the development and implementation of groups on their assigned ward. A three session group is set up, consisting of inpatient volunteers, the interns, and the trainer. Following each session, the interns are given the opportunity to process the experience.

Forensic Psychology A day trip to Ann Klein Forensic Hospital, located on the grounds of Trenton Psychiatric Hospital is arranged for interns to learn about forensic issues in the practice of psychology and gain knowledge of the working of this system.

Survivor Issues An introduction to the dynamics of incest, sexual, and physical abuse is provided along with presenting symptoms. Interns are taught how to identify, assess, and treat patients with these issues. The role of the therapist including case management issues and dealing with countertransference is also discussed.

Psychodiagnostic Seminars

Psychological Assessment

This seminar will introduce interns to the process of assessing a patient's mental status. The Psychology Admission Assessment instrument will be reviewed and methods for gathering required information will be discussed. Assessment of suicide risk using the Beck Depression Inventory-II and Beck Hopelessness Scale in conjunction with the clinical interview will also be addressed.

Progress Notes, Treatment Plan Writing, and Annual Assessments

This seminar is designed to provide interns with an outline for writing progress notes appropriate to treatment objectives. In addition, differences between goals and objectives will be highlighted as will the strategy for assuring that the latter are constructed in measurable terms.

DDD Testing

This seminar will focus on assessment procedures to evaluate substantial functional limitations in areas of major life activities (self-care, receptive and expressive language, learning, mobility, self-direction, and capacity of independent living or economic self-sufficiency) will be presented.

Risk Assessment With Sex Offenders

An introduction to the evaluation of sex offenders, and risk assessment. Topics covered will include: 1) Overview of Megan's Law, the NJ Sexual Violent Predators Act; 2) Function of the APH Sex Offenders Unit, and the NJ Sexually Violent Predators Unit; 3) Types of sex offenders, diagnostic categories, symptoms/behaviors, clinical and personality features and prognostic factors; and 4) Risk Assessment – introduction to the MSOST-R, sample case histories, and application of the instrument to the assessment of risk.

Neuropsychology Screening Workshop

Interns participate in a three-session workshop to learn the basic competencies to complete a brief neurologic screen. The training objective is for interns to be competent to complete a basic screening of brain function associated with specific neurologic disorders. The major emphasis of the training is on administration, scoring and interpretation of selected subtests. Screening test reports will include recommendations regarding the need for treatment, rehabilitation, and/or referral for more comprehensive neurological testing.

Forensic Psychology 1

This seminar will focus on several specific issues related to the role of psychology in the forensic setting. Specifically, the topic of malingering will be discussed, and ways to diagnose malingering will be conceptualized. The challenge of assessment and written presentation in the forensic setting will be discussed. Psychological testimony will be discussed in relation to recent court decisions which stipulate that experts' methodologies and the opinions drawn from them must meet the standards set forth in the Daubert Decision (1993) and Kumho Tire vs. Carmichael (1999).

Forensic Psychology II

This seminar will focus on legal issues relating to the commitment and hospitalization of forensic patients. Specifically, the insanity defense (NGRI/KROL status), competency to stand trial, diminished capacity, and detainer status will be discussed in light of current NJ law. The history of the insanity defense as well as the different standards used in various state and federal courts will be described. Clinical issues relating to the assessment and treatment of the forensic population will be explored.

Geriatric Psychology This seminar will focus on the assessment of geriatric patients using the following methods:

Mental Status Examination with emphasis on the cognitive area as well as the functional areas;

Assessment by use of the Mini Mental Status, Cognistat, Depression Rating Scale, and Geriatric TAT.

Appreciation of social and legal issues when working with older patients; Durable Power of Attorney for Health Care, Guardianship for the Procedure, and Guardianship of the Person.

PSYCHOLOGY INTERNSHIP TRAINING PROGRAM STAFF

Steven Sachson has served as the Administrator of Psychology at Ancora Psychiatric Hospital since 1986, and as a ward psychologist since 1977. He completed his Ph.D. in Learning/Experimental Psychology at Kansas State University, and a one-year program in Cognitive Therapy under the direction of Arthur Freeman, Ed.D. Dr. Sachson is licensed in the State of Pennsylvania and serves as a didactic presenter for the psychology internship program.

Larry Seifer has served as the Director of the Psychology Internship Training program since 1994 and serves as a diagnostic supervisor. He received his Ph.D. in Clinical Psychology and Psychoeducational Processes from Temple University and has worked as a psychologist at Ancora Psychiatric Hospital since 1980. Dr. Seifer holds licensure in both New Jersey and Pennsylvania. His theoretical orientation is cognitive-behavioral.

John Bolger received his Psy.D. in Clinical Psychology from Yeshiva University. He has been employed as a psychologist at Ancora Psychiatric Hospital since 2001 and serves as psychotherapy supervisor. His graduate program involved training in both psychodynamic and cognitive-behavioral theory. His primary theoretical orientation is cognitive-behavioral.

Heidi Camerlengo received her Ed.D. in Counseling Psychology from Rutgers University and has worked at Ancora since 1999 where she completed her predoctoral internship. She serves as a diagnostic supervisor in Larch Hall C, coed admission ward. Dr. Camerlengo's primary theoretical orientation is psychodynamic. She has also received training in cognitive-behavior therapy.

Grete Hesse received her Ph.D. in Clinical Psychology with a minor in Cross-National Psychology from Union Institute. In addition to her MA in Clinical Psychology from Fairleigh Dickinson University, she holds an M.S. in Developmental Psychology from the University of Pennsylvania. She holds licensure in both New Jersey and Pennsylvania, and is Medicaid approved in both states. Dr. Hesse has worked as a psychologist with the State since 1974. She also has many years of experience in short-term treatment of inpatients at Ancora Psychiatric Hospital. At the present she specializes in gerontology and provides therapy and diagnostic supervision to interns working with this population. She is also a didactic presenter to the internship program.

Linda Kavash has her Psy.D. in Clinical Psychology from Wright State University School of Professional Psychology and is licensed in Pennsylvania. She was trained in an eclectic program and utilizes psychodynamic case formulation. She has been a psychologist with the state since 1990 and serves as a diagnostic supervisor for the internship program.

Michael Lieberman received his Ph.D. in Psychology from Rutgers University and is licensed in New Jersey. He has been a psychologist at Ancora Psychiatric Hospital since 1984 where he provides therapy supervision for the internship program and training in this area. Dr. Lieberman specializes in providing group psychotherapy to a regressed inpatient population.

Margo Morgan has her Ph.D. in Clinical Developmental Psychology from Clark University. She has worked as a psychologist at Ancora since 1984. She has provided diagnostic supervision to interns and is specialized in the assessment and treatment of those patients found not guilty by reason of insanity. She is a National Fellowship Fund award recipient.

Leland Mosby received his Ed.D. in psychology from the University of Sarasota and completed his internship at the Evergreen Clinic, Colorado. He completed Post-Doctoral studies in clinical psychology from the Forest Institute of Psychology. He holds a D. Min degree from Midwestern Seminary in counseling and completed a one-year clinical program at Deaconess Hospital in St. Louis Missouri. Dr. Mosby completed a two-year certification program at the Menninger Foundation in family therapy. He has over 1000 hours supervision in forensic psychology. His past work experience includes being the Director of Psychology, New Jersey Department of Corrections State of New Jersey. He is a New Jersey licensed psychologist. His therapeutic orientation is cognitive-behavioral and he specializes in working with forensic populations.

Regina O'Connell received her Ph.D. in clinical psychology, with a specialization in clinical neuropsychology, from Michigan State University. She completed her clinical internship at South Oaks Hospital and Comprehensive Mental Center in Long Island, NY. She has experience in neuropsychological assessment with geropsychiatric, head trauma, and learning disabled populations. Her clinical interests include character structure and its relation to manifest problems, interpretation based on developmental level of personality organization, projective measures and personality assessment, and evaluating affective functioning in self-regulatory disorders (e.g. substance abuse, eating disorders, and psychosomatic illness). Dr. O'Connell's therapeutic orientation is psychodynamic and she works primarily with adults.

Sabiha Sadiq received her Masters degree in Psychology and is licensed in the State of Pennsylvania. She specializes in providing family therapy to an inpatient psychiatric population and is a didactic presenter for the psychology internship program.

Thomas Schwartz received his Ph.D. in Clinical Psychology from Temple University and completed a postdoctoral internship at Temple University in the Behavior Therapy Unit of the Department of Psychiatry. He is licensed in Pennsylvania and has worked as a psychologist with the state since 1980. Dr. Schwartz serves as a diagnostic supervisor, and didactic presenter to the internship program and specialized in the assessment and treatment of sex offenders.

Dwayne Stephens received his Ph.D. in clinical psychology from Rutgers University and has worked as a psychologist with the State since 1983. Dr. Stephens is a didactic presenter for the psychology internship program.

Linda Tuckley received her Ph.D. in Counseling Psychology from Kent State University and is licensed in the State of Ohio. She has worked as a psychologist for the state since 1984 and serves as a therapy supervisor for the internship program. Dr. Tuckley's theoretical orientation is cognitive behavioral.

Robert Waters received his Ph.D. in Counseling Psychology from Seton Hall University and is licensed in the State of New Jersey. He has worked as a psychologist with the state since 1985 and serves as a therapy supervisor, and didactic presenter for the internship program. Dr. Waters's theoretical orientation is psychodynamic and cognitive behavioral.

Jaclyn Weintraub has her Ph.D. in Psychology from the Fielding Institute and is licensed in the State of Pennsylvania. She has been a psychologist with the state since 1984 and serves as a therapy supervisor for the internship program. Dr. Weintraub specializes in group and family therapy.

Carl Welte received his Ph.D. in Educational Psychology from Temple University and holds licensure in both New Jersey and Pennsylvania. He has been a psychologist at Ancora Psychiatric Hospital since 1984 where he specializes in the assessment and treatment of forensic patients. Dr. Welte serves as a therapy and diagnostic supervisor, and didactic presenter for the internship program. He has a Certificate of Proficiency in the Treatment of Alcohol and other Substance Abuse Disorders. He is also a Registered Nurse.

ADMISSION REQUIREMENTS

Pre-Doctoral Candidates

Candidates must be enrolled in a doctoral program in psychology at an accredited university or professional school, be approved by their chairperson for the internship, and have completed all course work in their program. This course work shall include, minimally, six semester hours of credit each in the following areas:

1. Objective and projective testing with practicum experience. Must have experience with the Exner System of Rorschach Scoring.
2. Psychotherapeutic techniques and counseling with practicum experience.
3. Personality development and learning theory.
4. Motivation and psychopathology.
5. Research design and statistical analysis.

Additionally, at least 500 hours of practicum experience shall have been completed.

APPLICATION PROCEDURE

Application Form:

Ancora is utilizing the APPIC APPLICATION PSYCHOLOGY INTERNSHIP (APPI) form developed by APPIC.

Supporting Materials:

- 1) Graduate Transcripts
- 2) Three letters of recommendation
- 3) Copy of your Curriculum Vita
- 4) Sample Psychological Report including Rorschach

Submit Application Requests and Material to:

Larry Seifer, Ph.D.
Director of Psychology Intern Training
Ancora Psychiatric Hospital
202 Spring Garden Road
Ancora, NJ
Phone: (609) 561-1700 Extension 7878

Deadline:

The deadline for the receipt of APPI and all supporting materials is **December 1**. Please submit your materials in sufficient time so that they arrive at Ancora Psychiatric Hospital by that date. The internship begins the Tuesday after Labor Day.

COMPENSATION

The annual stipend is approximately \$22,000. Benefits include 13 paid holidays, 9 vacation days, 9 sick days and 3 administrative leave days.

Ancora Psychiatric Hospital agrees to abide by APPIC Policy that no person shall solicit, accept or use ranking related information from any intern prior to Uniform Notification Day.